

R & B Woman

48 count, 2 wall, intermediate level

Choreographer: Lisa B. Martin (UK) March 2005

Choreographed to: I Can Be That Woman by

Christina Milian

Section 1 Scuff Step, Hips & Hips, Tap, Tap, Lift, Sailor ¼ Turn

- 1 – 2 Scuff right foot forward, step right to right side
3 & 4 Hips left, right, left. Leave the weight on the your left foot
5 & 6 Tap right foot to right side on the spot twice, lift right foot slightly of the floor
7 & 8 Step right behind left, step left foot a ¼ turn left, step right beside left

Section 2 Walk, Walk, Step Pivot ¼ Step, Back Shimmies, Cross Unwind ¾

- 1 – 2 Walk forward, left, right
3 & 4 Step forward left, pivot ¼ turn right, step left beside right.
5 & 6 & Walk back on right, left shimming your body
7 – 8 Cross right over left, unwind ¾ turn left

Section 3 Jazz Box ¼, Cross Shuffle, Rock Steps

- 1 – 2 Step forward right, cross left over right
3 – 4 Step back on right, step left ¼ turn left
5 & 6 Cross right over left, step left to left side, cross right over left
7 & 8 Rock left to left side, rock on to right, rock onto left

Section 4 Scuff Step, Body Roll Step, Sailor Step, Behind Unwind ½

- 1 – 2 Scuff right foot forward, step right foot down
3 – 4 Body roll step left beside right
5 & 6 Step right behind left, step left to left side, step right to right side
7 – 8 Put left toe behind right foot, unwind ½ left to face the back.

Section 5 Cross Hold, & Cross Hold, Side Rock, Rock Back Recover ¼

- 1 – 2 Cross right over left, hold
& 3 – 4 Step left to left side, cross right over left, hold
5 – 6 Rock left to left side, recover on right
7 & 8 Rock back on left, rock forward on right, step left foot ¼ turn right

Section 6 Sailor ¼ Touch, Walks Forward, Walks Round Full Turn

- 1 & 2 Step right behind left, step left to left making ¼ turn left, touch right beside left
3 – 4 Walk forward right left,
5 – 8 Make a full turn walking right in a circle on right, left, right, left

Tag

1. At the end of the 2nd and the 4th perform section 5 and 6 again.

Restart

2. On wall 5 only dance 32 steps of the dance and start again